

**ABSTRACT OF THE DISCLOSURE**

The present invention provides a dissolvable strip for whitening teeth. The strip, which is preferably a single layer, has a whitening agent and a water-soluble or water dispersible polymer system. The dissolution of the whitening composition is controlled by interaction of the whitening composition with an oral environment containing saliva. The present invention further provides a process for preparing the whitening strip in the form of a dry film and a method of whitening teeth.